

FIG - 1A

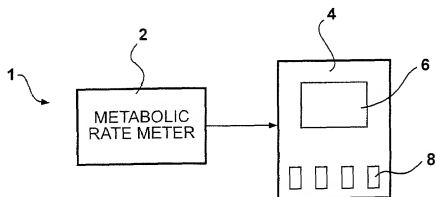


FIG - 1B

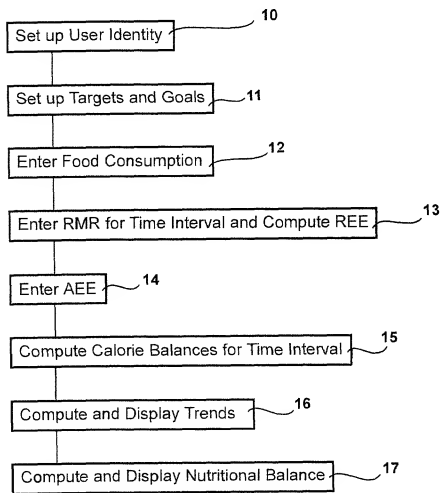


FIG - 2A

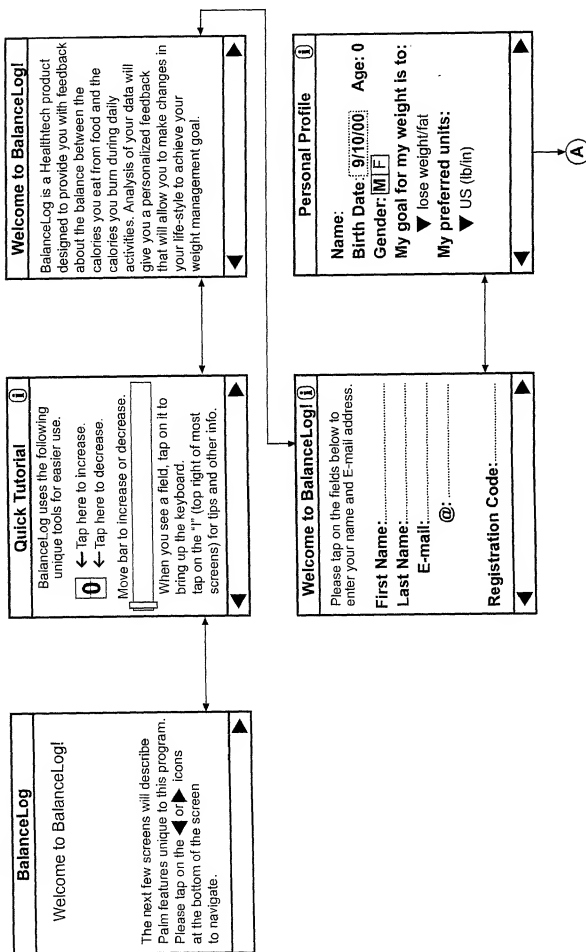


FIG - 2B

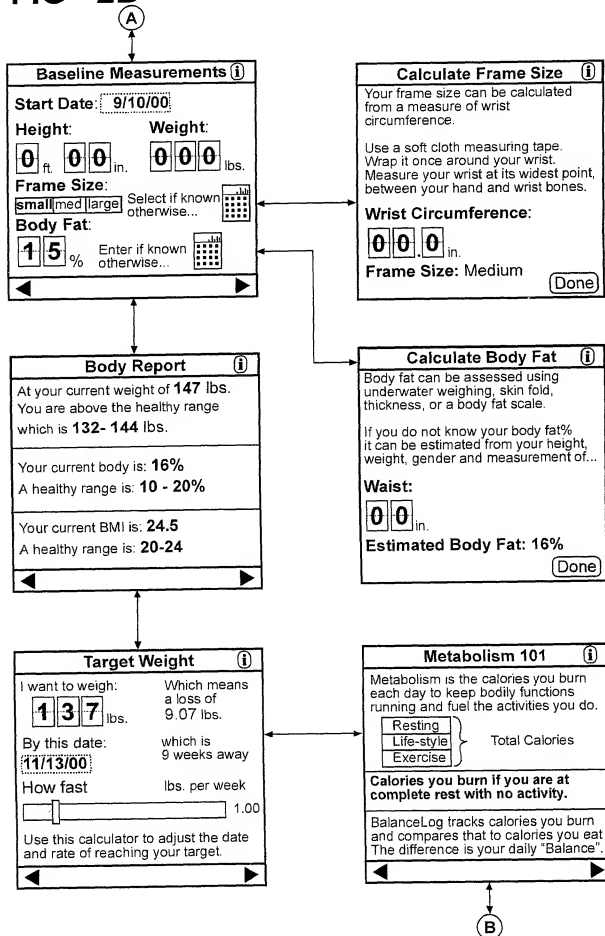


FIG - 2C

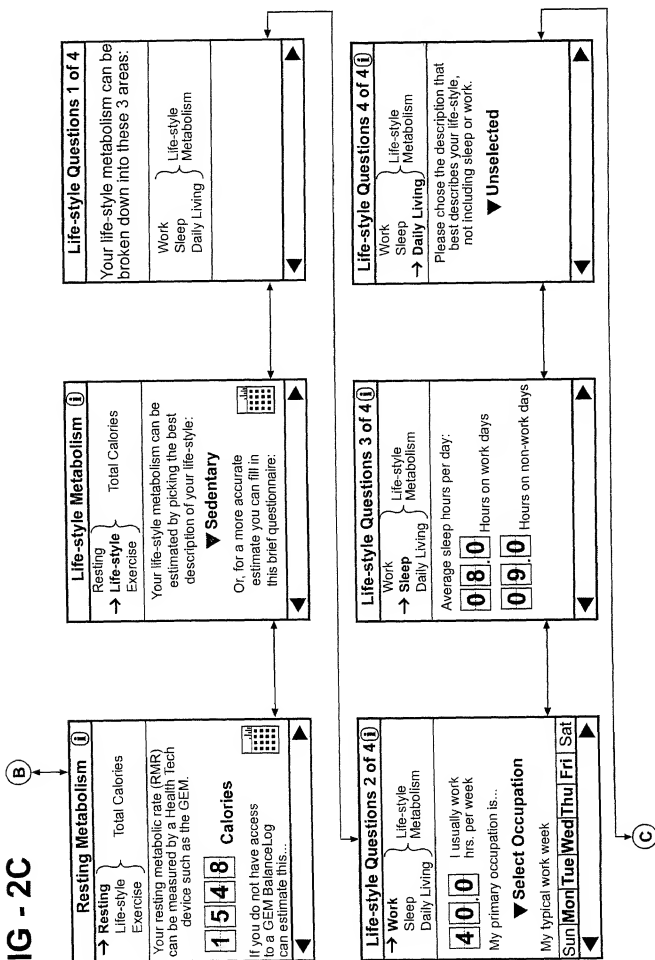


FIG - 2D

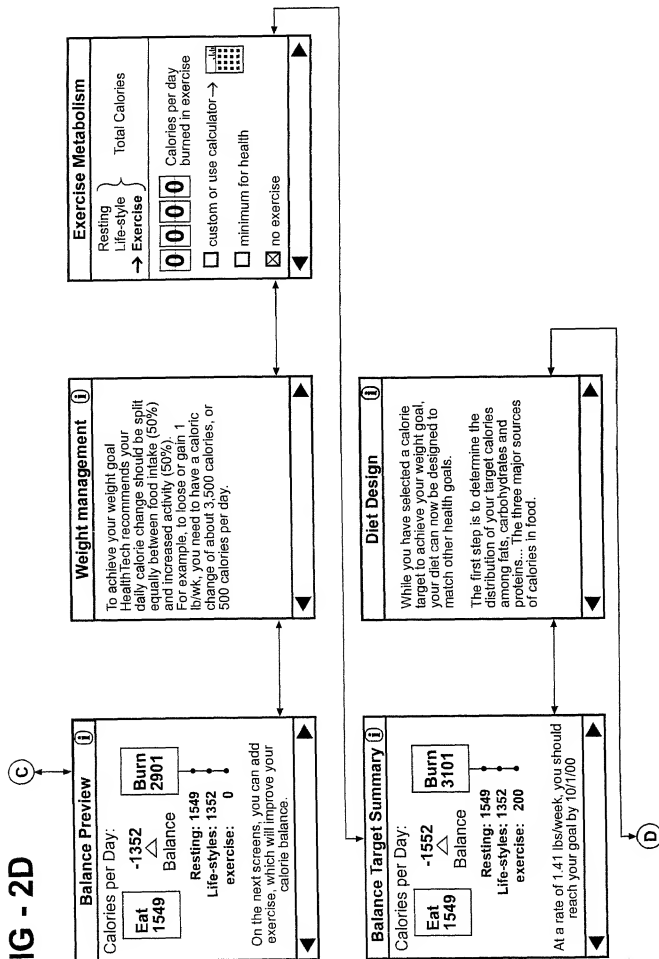
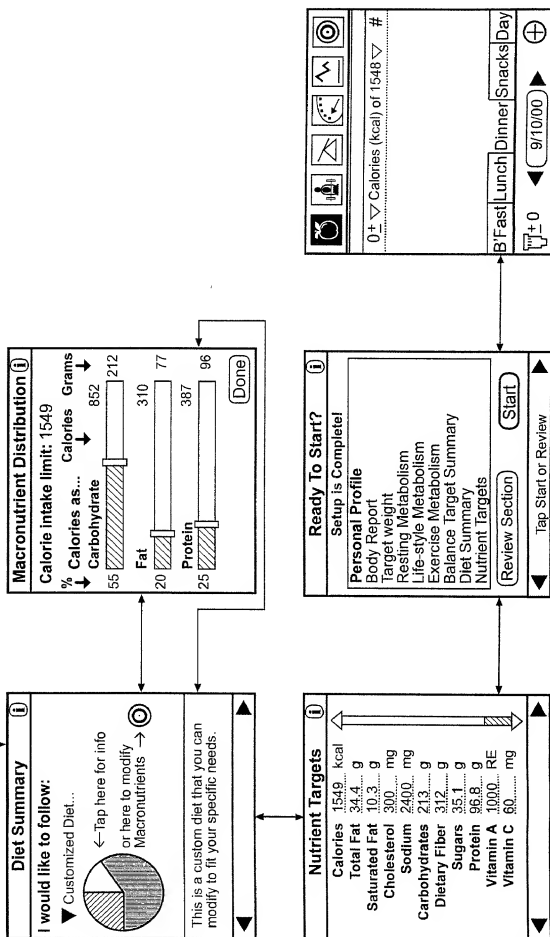


FIG - 2E



### Quick Tutorial Tips

Tips
<p>If you want to change a number, tap on the upper part of a number box and it will increase by one for each tap.</p> <p>If you tap on the lower part of a number box, it will decrease by one for each tap.</p> <p>If you hold the tap on either the upper or lower part of a number, it will continue until</p>
<input type="button" value="Done"/>

FIG - 3A

### Welcome to BalanceLog Tips

Tips
<p>Your name and e-mail address are needed to identify you as a BalanceLog user in the next screen and reports. It will also allow you to exchange information with BalanceLog Web. This information is kept confidential.</p>
<input type="button" value="Done"/>

FIG - 3B

### Personal Profile Tips

Tips

FIG - 3C

### Baseline Measurement Tips

Tips
<p>The First step in designing a weight plan is to log your measurements before you start making changes to your life-style, whether eating or activity. If you need assistance in determining your frame size or body fat, click on the calculator icon.</p>
<input type="button" value="Done"/>

FIG - 3D

### Calculate Frame Size Tips

Tips
<p>Your wrist is a good place to measure frame size since there is little overlying skin or tissue.</p>
<input type="button" value="Done"/>

FIG - 3E

### Calculate Body Fat Tips

Tips
<p>Your body can be divided into fat or lean tissue, which includes muscles, organs and bones. Fat is around internal organs as well as in muscles. Fat has a low burn rate so a healthy goal is to lower body fat while maintaining or increasing lean muscle tissue.</p>
<input type="button" value="Done"/>

FIG - 3F

### Body Report Tips

Tips
<p>This will give you some feedback on setting a healthy weight goal.</p> <p>If your body fat is out of a healthy range, be sure to add exercise to your plan as that will help you lose fat and maintain your muscles, which burn more calories than fat.</p>

Done

FIG - 3G

### Target Weight Tips

Tips
<p>Enter a weight or loss goal.</p>

Done

FIG - 3H

### BalanceLog Targets

BalanceLog Targets
<ul style="list-style-type: none"> <li>Body Health</li> <li>Weight &amp; Date</li> <li>RMR</li> <li>Balance</li> <li>Nutrition</li> <li>Activity Plan</li> </ul>

FIG - 3I

### Balance Target

Balance Target Summary				
<p>Calories per Day:</p> <table border="1"> <tr> <td>Eat</td> <td>1549</td> </tr> <tr> <td>Burn</td> <td>3101</td> </tr> </table> <p>Balance</p> <p>Resting: 1549              Life-styles: 1352              exercise: 200</p> <p>At a rate of 1.41 lbs/week, you should reach your goal by 10/1/00</p>	Eat	1549	Burn	3101
Eat	1549			
Burn	3101			

FIG - 3J

### Nutrition Targets

Nutrient Targets
<p>Calories 1549 kcal</p> <p>Total Fat 34.4 g</p> <p>Saturated Fat 10.3 g</p> <p>Cholesterol 300 mg</p> <p>Sodium 2400 mg</p> <p>Carbohydrates 213 g</p> <p>Dietary Fiber 312 g</p> <p>Sugars 35.1 g</p> <p>Protein 96.8 g</p> <p>Vitamin A 1000 RE</p> <p>Vitamin C 60 mg</p>

FIG - 3K

### Activity Plan Target

Exercise Metabolism
<p>Resting Life-style → Exercise</p> <p>Total Calories</p> <p>Calories per day burned in exercise</p> <p>custom or use calculator →</p> <p>minimum for health</p> <p>no exercise</p>

FIG - 3L



### RMR Targets

<b>Resting Metabolism</b>	
→ Resting Life-style Exercise	Total Calories
Your resting metabolic rate (RMR) can be measured by a Health Tech device such as the GEM.	
1 5 4 8	Calories
If you do not have access to a GEM BalanceLog can estimate this...	

FIG - 4A

### RMR Tips

<b>Tips</b>
RMR can be increased by increasing muscle mass.
Done

FIG - 4B

### Food Entry Screen

	0 ▽ Calories (kcal) of 1548 ▽ #
B'Fast   Lunch   Dinner   Snacks   Day	
+0 ◀ 9/10/00 ▶ ⊕	

FIG - 5A

### Food Database Screen

Find... <b>Food Menu</b>	
▽ all food groups	
▽ all subcategories...	
▽ name begins with...	
> 100% Natural > 40% Bran Flakes > acerola > acerola juice > All-Bran extra Fiber > allspice > Alphabets > animal fat	(Cancel) (Add to Log) (New) (Facts)

FIG - 5B

### Exercise Entry Screen

	2586 vs. target day of 2786 ▽ # 2587 Life, daily Living 24.0 hr
Sun   Mon   Tue   Wed   Thu   Fri   Sat	
+0 ◀ 9/10/00 ▶ ⊕	

FIG - 6A

### Exercise Database Screen

Find Activity...	
▽ all categories...	
▽ name begins with...	
> aerobic dance > archery > backpack > badminton > baseball > basketball > bathe > bike > billiards	(Cancel) (Add to Log) (New) (Facts)

FIG - 6B

Daily Balance Screen

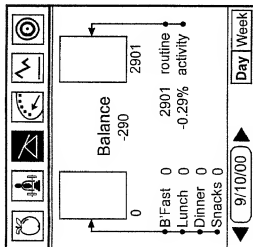


FIG - 7A

Weekly Balance Screen

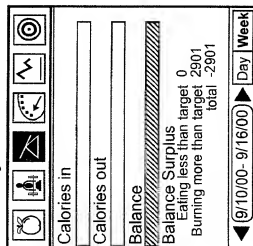


FIG - 7B

Balance Log Reports

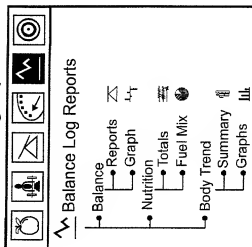


FIG - 8A

Balance Report

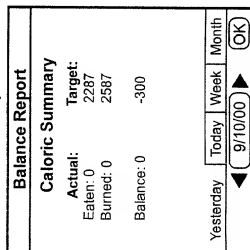


FIG - 8B

Nutrient Totals

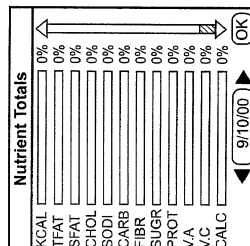


FIG - 8C

Body Trend Graph

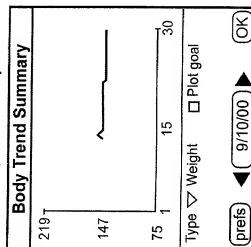
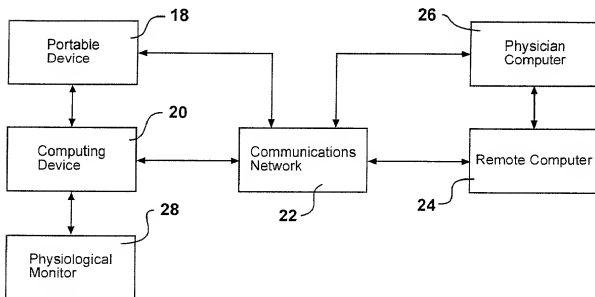


FIG - 8D



**FIG - 9**

NEW USER SETUP

STEP 1 - Identity

Please enter your name below, optionally, you can enter a password to secure your profile and health goals from others.

Name

First

Last

Password

Password

Verify

E-mail

E-mail Address

Cancel

<Back

Next>

**FIG - 10A**

NEW USER SETUP

STEP 2 - Personal Information

Please select your birthdate, gender and height below.

Birthdate

◀ Thu, Dec. 9, 1965 ▶

Gender

☐ Female
☒ Male
☐ Pregnant
☐ Lactating

Units

☒ English Units - Feet, Pounds, Gallons
☐ Metric Units - Meters, Kilograms, Liters

Height

7

 Feet

0

 Inches

Cancel

<Back

Next>

**FIG - 10B**

FIG - 11

NEW USER SETUP

STEP 7 - Weight Goals

Weight Goal ☒ I want to weigh (213) lbs  
☐ I want to lose (37) lbs

Goal Method ☒ Lose (2.0) +/- lbs per week  
☐ By a specific date ◀ Mon, Oct. 20, 2000 ▶

Body Report  
 Current Weight: 250  
 Healthy Weight: 215  
 Current body fat: 35%  
 Healthy body fat: 12%  
 Current BMI: 25  
 Healthy BMI: 20  
 \*healthy is 0-5

Cancel <Back Next>

FIG - 12

NEW USER SETUP

STEP 8 - Metabolism

Metabolism ☒ I have my resting metabolism from the GEM, it is (2230)  
☐ I don't know my resting metabolism and I don't have a GEM, please estimate it.

Total Metabolism  
 2230 Resting Metabolism  
 688 Life-style Metabolism  
 443 Work Metabolism  
 3361 Total Metabolism

Body Report  
 Current Weight: 250  
 Healthy Weight: 215  
 Current body fat: 35%  
 Healthy body fat: 12%  
 Current BMI: 25  
 Healthy BMI: 20  
 \*healthy is 0-5

Cancel <Back Next>

FIG - 13

NEW USER SETUP

STEP 9 - Activities

Activity Setup ☐ I do not wish to set an activity target  
☒ I want to eat more than 2357 Calories (increase my Calories In) and therefore burn more (increase my calories out) by specifying an activity target.

Eat Less Burn More  
 Low High

Balance  
 3823 Calories out  
 2357 Calories In  
 1004 Balance

Cancel <Back Next>

FIG - 14

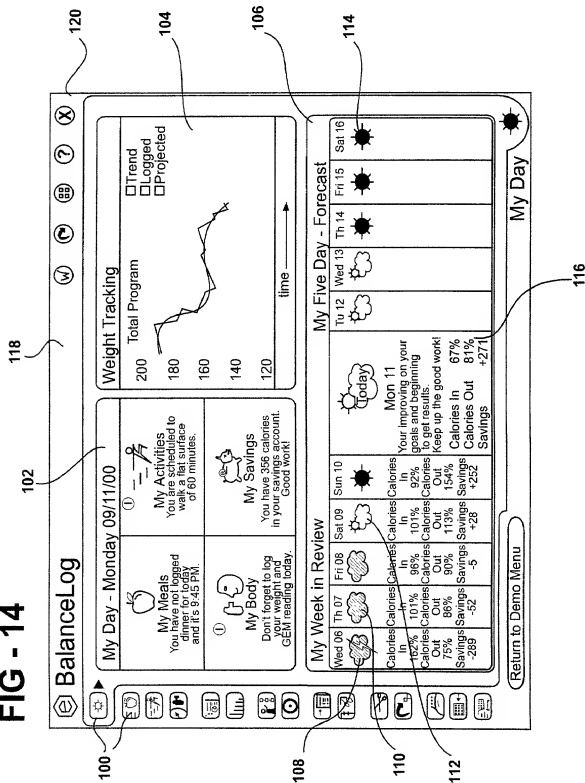


FIG - 15

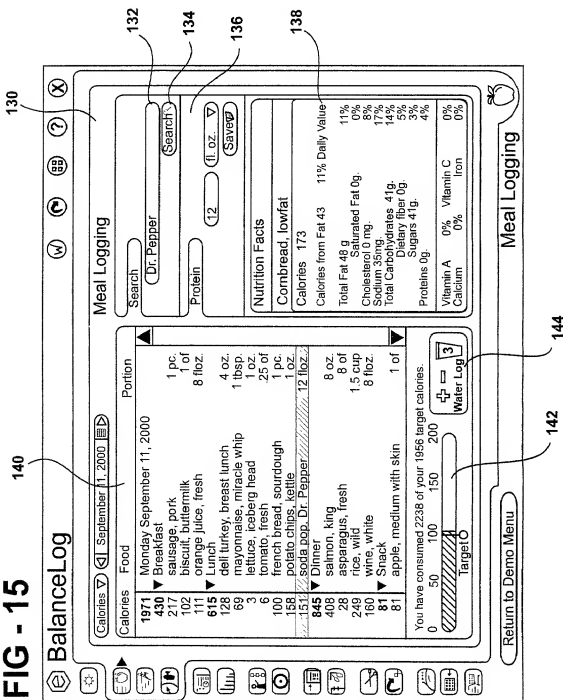


FIG - 16

**BalanceLog**

September 11, 2000

Calories	Activity	Duration
2623	Monday September 11, 2000	8:00
481	Sleep in bed - general	7:20
741	Life-style - light	8:00
982	Sit-at work-talking	8:00
409	Circuit Training	0:40

Activity Logging

Search: Circuit Training

Activity: Circuit Training

Duration: 40 Hrs. Mins.

Calories: 409

Save

Activity Facts

Circuit Training

Duration 40 minutes

Total Calories Burned 2750

Calories Burned per Hour 2750

% Burned of today's Target 2750

You have burned 2623 of your 2600 target calories.

0 50 100 150 200

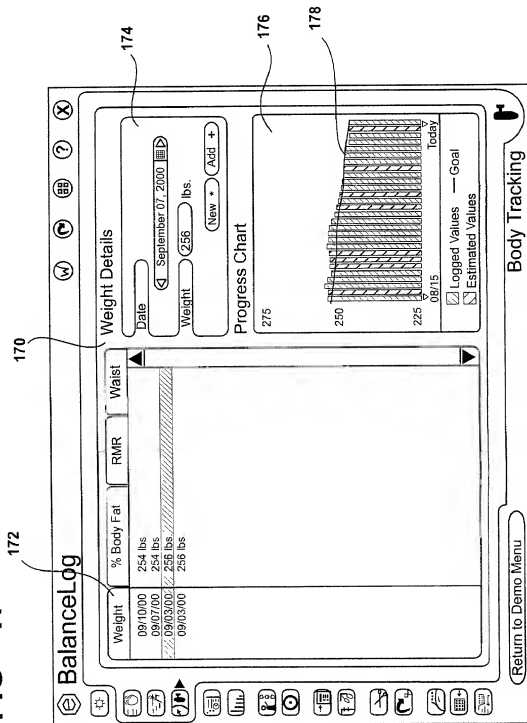
target 0

Return to Demo Menu

Activity Logging

166

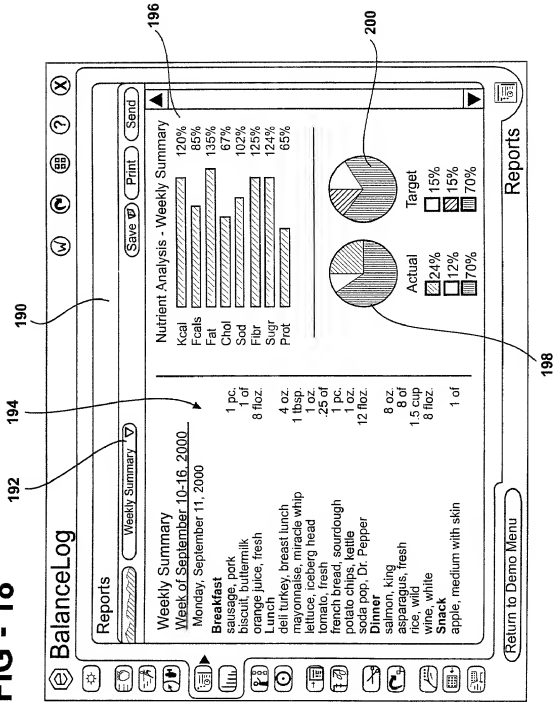
FIG - 17





# FIG - 18

Title: System and Method of Integrated Calorie Management  
 Inventor: James R. Mault, John Sanderson, Rob Pledger, Nicholas Anderson  
 Serial Number: 09/976,967



# FIG - 19A

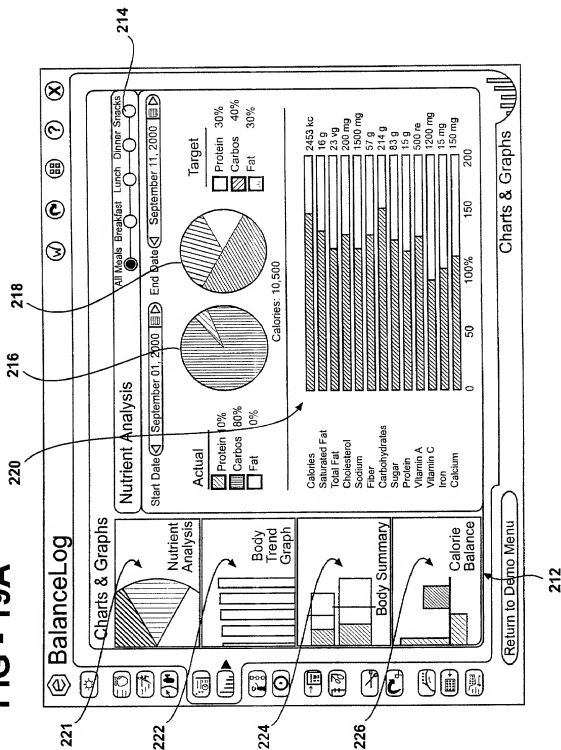


FIG - 19B

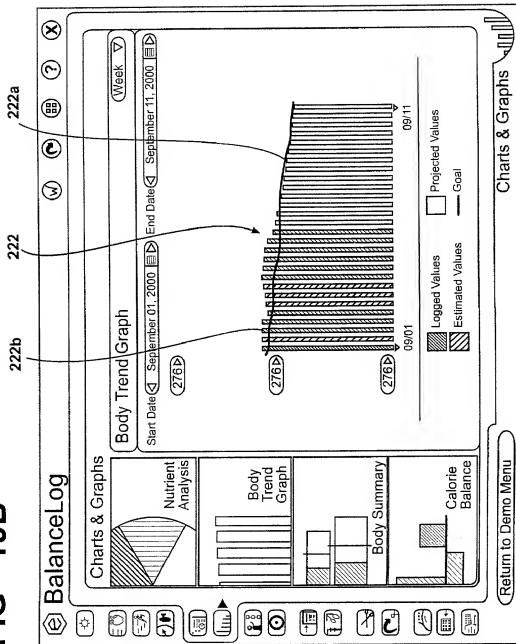


FIG - 19C

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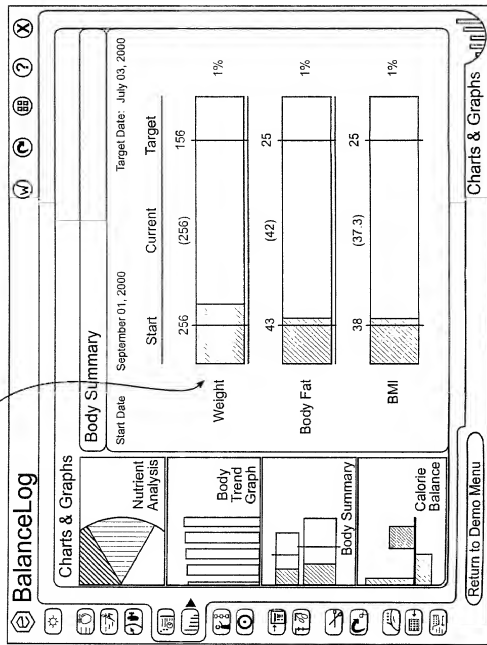


FIG - 19D

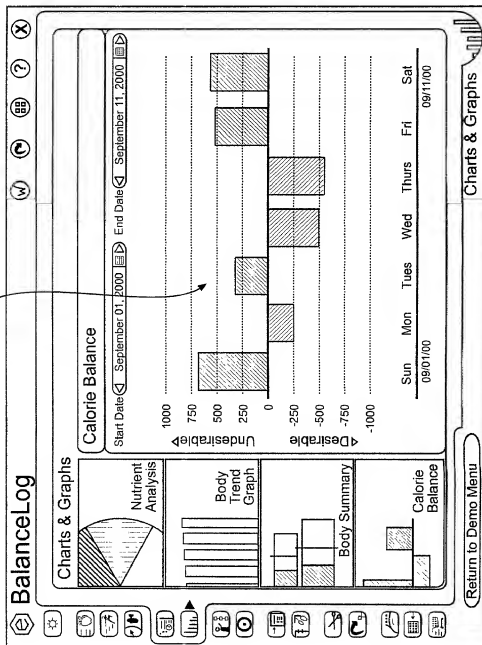


FIG - 19E

The screenshot displays the 'BalanceLog' application window. At the top is a title bar with standard window controls (minimize, maximize, close) and a help icon. Below the title bar is a navigation bar with icons for home, settings, calendar, list, chart, and a search icon. The main content area is divided into four sections:

- Identity:** Contains input fields for Name, First Name, Last Name, Username, Password, Password Verify, E-mail Address, and E-mail. The E-mail field contains 'chusaker@hotmail.com'.
- Starting Measures:** Contains a Start Date field (September 11, 2000), a Frame Size field (radio buttons for Small, Medium, Large; Medium is selected), a Start Weight field (252 Pounds), and a Body Size field (radio buttons for From Measurement, Calculate it for me; From Measurement is selected). The Body Size field also has a value of 43.
- Personal Information:** Contains a Birth Date field (March 03, 1963), a Gender field (radio buttons for Female, Male; Male is selected), a Units field (radio buttons for English Units, Metric Units; English Units is selected), and a Height field (5 Feet, 10 Inches).
- Life-style:** Contains an Activity level field (radio buttons for Light Activity, Moderate Activity, Vigorous Activity; Light Activity is selected), a Work field (radio buttons for I work outside the home, I work inside the home; I work outside the home is selected), a Sleep field (radio buttons for I sleep 7 hrs. on work days, I sleep 9 hrs. on days off; I sleep 7 hrs. on work days is selected), and a Job Type field (radio buttons for Legal Secretary, Other; Legal Secretary is selected).

At the bottom of the window is a 'Return to Demo Menu' button. On the right side, there is a 'Profile' icon and a '236' label. At the bottom right, there is a '234' label.

FIG - 19F

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BalanceLog

242

246

244

Health Goals

Program

☒ Lose Weight

☐ Gain Weight

☐ Maintain Weight

Other Goals

☐ Lower Blood Pressure

☐ Lower Cholesterol

☐ Manage Diabetes

☐ General Conditioning

☐ Disease Prevention

Weight Goal

☒ I want to weigh 150 lbs.

☐ I want to lose lbs.

Goal Method

☒ Lose 2.0 (+) lbs / week

☐ Goal Mon, July 3, 2000

Diet Plan

Diet Choice American Heart

Macronutrients

☐ Protein 50%

☒ Carbs 20%

☒ Fat 30%

Metabolic Target

Metabolism

☒ I have my resting metabolism from the GEM, it is 1950

☐ I don't know my resting metabolism and I don't have a GEM, please estimate it.

☒ I would like to set an activity target.

Activity

Activity Target vs. Cals/week

Eat Less 75%

Burn More 25%

I do not wish to set an activity target

Nutrition Facts

Calories 1950

Calories 26 g

Saturated Fat 9 g

Cholesterol 300 mg

Sodium 2400 mg

Total Carbohydrates 314 g

Dietary fiber 24 g

Sugars 32 g

Proteins 117 g

Vitamin A 500 RE

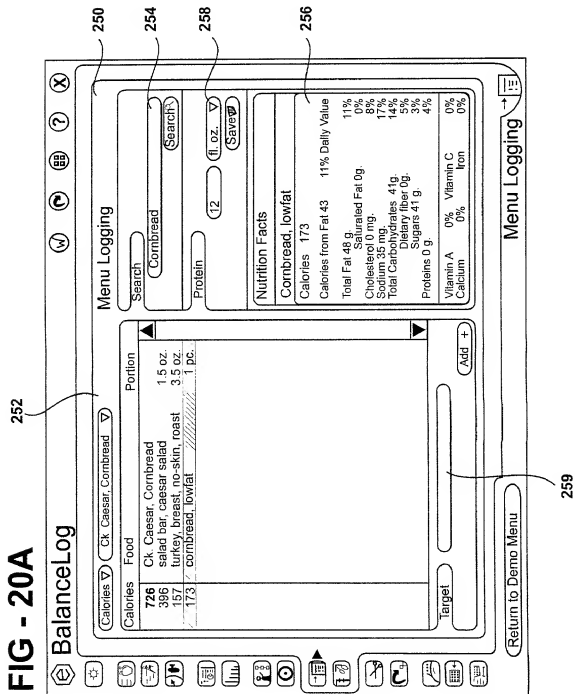
Vitamin C 500 mg

Calcium 500 mg

Iron 500 mg

Target

Return to Demo Menu





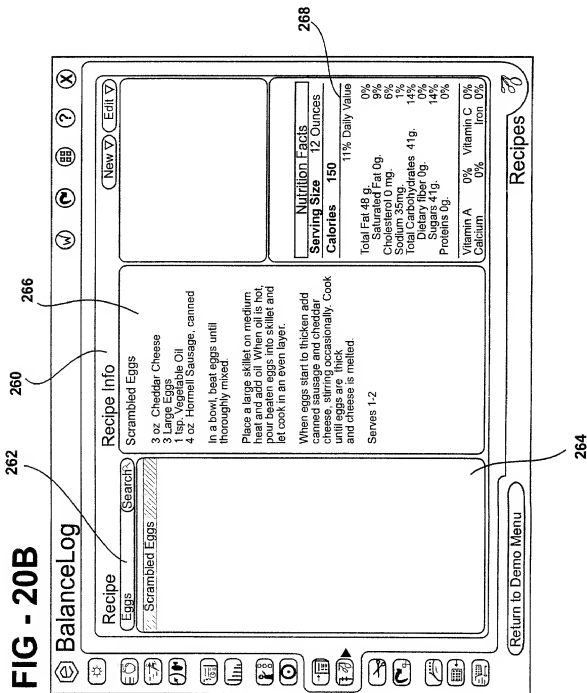


FIG - 20C

272

270

274

276

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**BalanceLog**

**Categories**

☐ Dairy  
☒ Meat & Protein  
☐ Fruit

fresh fruit  
 canned fruit  
 bottle/jar fruit  
 frozen fruit  
 dried fruit  
 fruit purees & sauces  
 processed fruit  
 cooked fruit  
 fruit salad  
 miscellaneous

**Food Items (1-8 of 8 foods)**

acerola, raw, generic  
 apple, raw no skin, generic  
 apple, raw w/skin, generic  
 apricots, raw, generic  
 avocado, raw, generic  
 banana, raw, generic  
 blackberries, raw, generic  
 blueberries, raw, generic

Group: Fruit  
 Category: Fresh Fruit  
 Name: Apple  
 Type: Raw w/skin  
 Brand: Generic  
 Cuisine: None

Serving Size: 100 Each  
 Grams: 138

Calories: 81.4  
 Calories from Fat: 447  
 Total Fat: 43.7 g 11%  
 Saturated Fat: 0.080 g 0%  
 Cholesterol: 0 mg 0%  
 Sodium: 0 mg 0%  
 Total Carbohydrates: 21.0 g 14%  
 Dietary fiber: 3.73 g 5%  
 Sugars: 0 g 0%  
 Proteins: 0 g 4%  
 Vitamin A: 1  
 Vitamin C: 13  
 Calcium: 1  
 Iron: 2

☐ Flag this food as a favorite.

**Food Data Base**

**Return to Demo Menu**

FIG - 20D

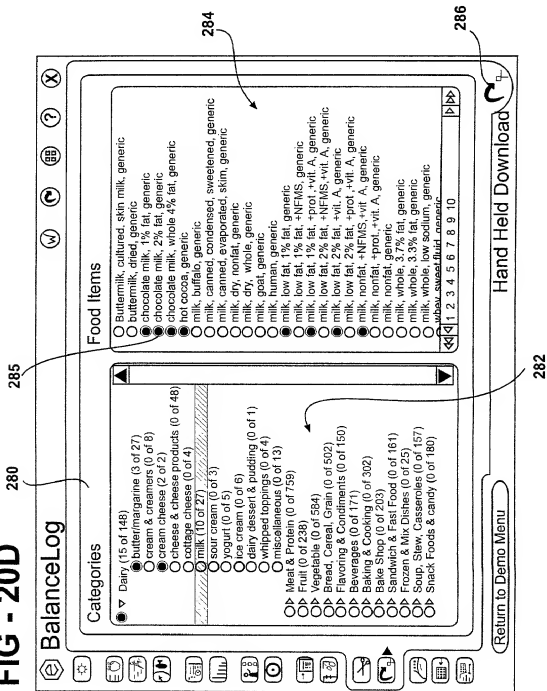
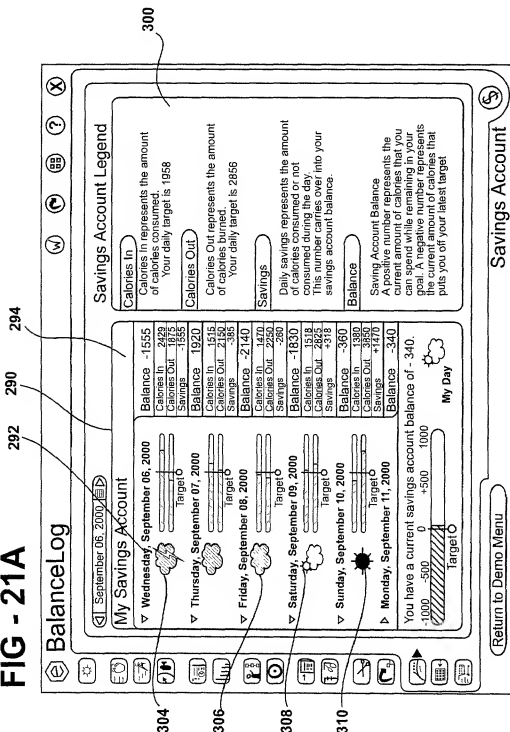


FIG - 21A



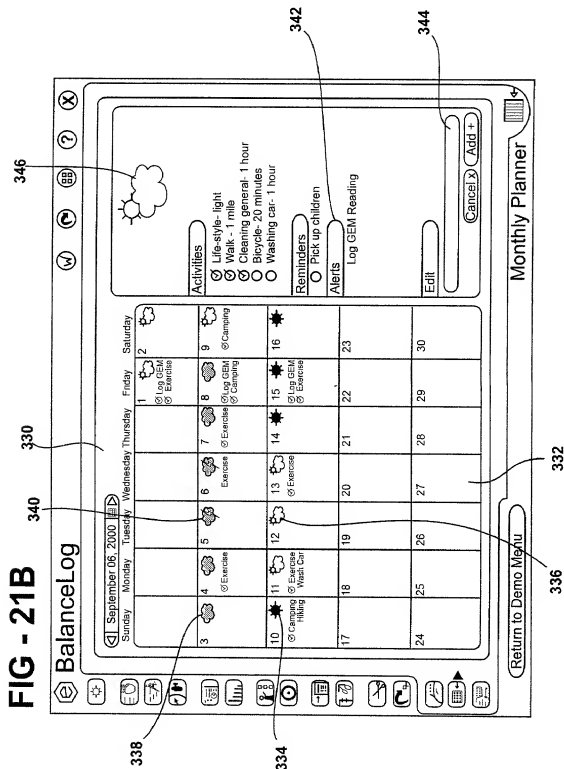


FIG - 22

360

362

364

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BalanceLog

Safeway

Safeway- Cedar Rapids/5th street

56007

Item	Quantity	Price	Aisle
Dairy			
Produce			
1 gallon	1	\$1.56	aisle 9
1 bunch	3	\$0.75	aisle 1
1 head	1	\$4.25	aisle 1
1 head	1	\$0.78	aisle 1
1 head	5	\$1.68	aisle 1
Meats & Deli			
1 lb.	1	\$6.54	aisle 8
1 lb.	1	\$4.15	aisle 8
1.5 lb.	1	\$17.00	aisle 7
Breads			
16 oz.	1	\$1.30	aisle 9
1 box	1	\$3.45	aisle 6
Canned			
Beverages			
1 qt.	1	\$2.10	aisle 9
Condiments			
16 oz.	1		aisle 3
Frozen			

Cost in basket \$28.50  
 Total cost \$41.10

Click here to order on-line.

Return to Demo Menu

Grocery List Entry

Search

biscuit, buttermilk

Search

biscuit, baking powder  
 biscuit, buttermilk  
 biscuit, homemade

Edit

Previous 1 2 3 4 5 6 Next

16 Oz Add +

Grocery List